MASSAGENERD.COM

Presents - *Part 3 of 3*

180+

Soft Tissue Active Assistive Release

Sports Massage Techniques



Massage + Stretching + Movement = Client Retention

" Sports Massage; Not Just For Athletes Anymore "

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Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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PRONE
(Upper Body)

1. 

2. 

*Hold a tender point and move their limb around

1. 

2. 

*Have the client lift up their hip and glide around it when they push their hip towards the table

1. 

2. 

*Interlock arms and bring them together while you glide down their back

1. 

2. 

*Hook under their arm and pull their scapula towards you

1. 

2. 

*Hook under arm and glide up their arm

1. 

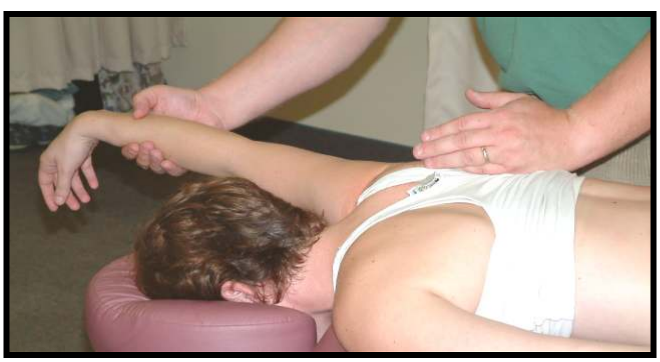
2. 

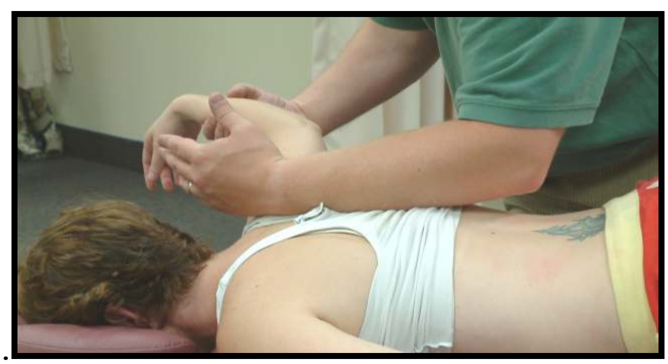
*Interlock under both of their arms and lift their arms up while you glide around their shoulder

1. 

2. 

*Glide down and around their scapula as you pull their arm away from you

1. 

2. 

*Glide up and around their scapula as you pull their arm towards you



1.



2.

*Have client perform a push-up as you glide down their back



1.



2.

*Have client perform a push-up as you glide up their back



1.



2.

*Pull their head towards you as you glide around their shoulder



1.



2.

*Have the client interlock their fingers and you hook under their arms as you glide out

1.  2. 

*Extend their arm and pull it up and towards you as you glide around their shoulder

1.  2. 

*Traction arm and glide towards their deltoids

1.  2. 

*Plant their palm and glide down their flexors

1.  2. 

*Have their head on the table and rotate head as you glide over their shoulder



*Find a tender area and have the client move the limb around (In and out of pain)

A.  B. 

A. Pull their arm towards you and glide across their mid back
B. Pull their arm towards their feet and glide up their back

A.  B. 

A. Pull their shoulder and glide on their glutes
B. Hold their arm down and glide up to their shoulder


A.

B.

A. Pull their arm under the head rest and glide across their shoulder
B. Pull their knee towards you and glide across their low back


A.

B.

A. Pull both of their legs towards you and glide across their low back
B. Pull their arm towards you and glide across their shoulder


A.

B.

A. Pull their arm towards you and glide across their forearm
B. Plant their hand on the table and glide down their tricep

A. 
B. 

A. Wrap their arm around your knee and perform cross fiber friction across their tricep
B. Pull their shoulder towards you and glide across their glutes or low back

A. 
B. 

A. Hook their arm with yours and glide in the anterior elbow region
B. Place their hand on their head and pull their elbow up as you glide across their shoulder

A. 
B. 

A. Hold their arm down and perform cross fiber friction on their tricep
B. Pull their shoulder towards you and glide up their neck

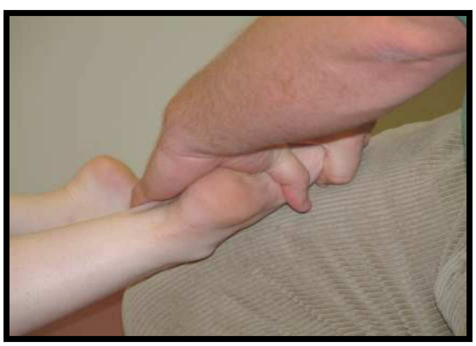
PRONE
(Lower Body)

1. 
2. 

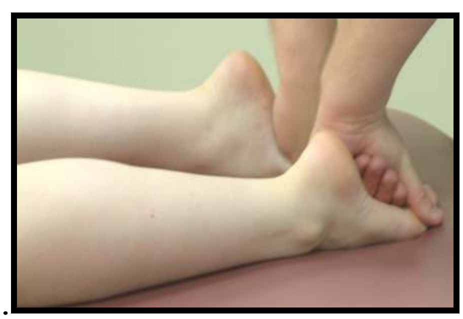
*Dorsal flex ankle and glide over their foot

1. 
2. 

*Compress foot with your thumb and dorsal flex/extend toes

1. 
2. 

*Twist foot in opposite directions

1. 
2. 

*Rotate your knuckles into their feet

1. 
2. 

*Dorsal flex their ankle as you glide down their calf

1. 
2. 

*Dorsal flex their ankle as you glide down their calf with your thumb

1. 
2. 
3. 
4. 

*Dorsal flex and glide, then plantar flex and hold (Repeat down the leg)

A. 
B. 

A. Extend their toes and us your knuckles on their heel
B. Dorsi flex their foot and friction their arch region

A. 

B. 

A. Lift foot and glide down calf

B. Snake bite the foot

1. 

2. 

*Rotate and lift their opposite leg towards you and cross fiber across their TFL

1. 

2. 

*Lift their opposite leg towards you and glide down their hams

1. 

2. 

*Place their quad under your quad and flex knee while you glide down their shin

1. 
2. 

*Hook their leg on your hip and cross fiber across their hams

1. 
2. 

*Hook your arm under their leg and glide up their TFL

1. 
2. 

*Flex their knee and glide down their shin

1. 
2. 

*Pull both legs towards you and glide up their back

1. 
2. 

*Compress your elbow into their glutes and lift up their knee with your elbow

1. 
2. 

*Compress your elbow into their glutes and rotate their leg

1. 
2. 
3. 

*Compress your elbow into their glutes and lift up their leg

1. 

2. 

*Pull their opposite leg towards you as you glide across their low back

A. 

B. 

A. Cross one of their legs and glide around the greater trochanter
B. Pull their leg (Same side) towards you and glide across their low back

A. 

B. 

A. Flex knee and glide up hams
B. Extend knee and glide up hams

A. 
B. 

A. Flex their knee/rotate it and glide up their peroneus muscles
B. Flex their knee/rotate it and glide around greater trochanter

A. 
B. 

A. Flex their knee/rotate it and glide around greater trochanter
B. Flex their knee/rotate it and glide up their TFL

A. 
B. 

A. Extend knee/rotate and glide up TFL
B. Rest their quads on your knee and glide up their hams

A. 

B. 

A. Rest their adductors on your quads and glide up their TFL

B. Have them help you and glide in different directions on their back

1. 

2. 

*Pull leg towards you and glide down medial side of leg

1. 

2. 

*Pull leg towards you and glide down lateral side of leg

1. 
2. 

*Have the client compress their own foot and flex knee while gliding up their back

1. 
2. 

*Hook your arm under their leg and lift it towards their body while gliding over their mid back

1. 
2. 

*Rest their quads on your quads and glide up their back

1. 
2. 

*Rest their quad on your quad and glide up their hams


1.


2.

*Pull their legs down/towards you as you glide up their back


1.


2.

*Pull their legs down as you glide up their back


1.


2.

*Pull one leg up and rotate it as you glide up their back

SIDE LYING

1. 
2. 

*Rest their leg on your shoulder and glide down their TFL

1. 
2. 

*Traction their arm and glide down their side

1. 
2. 

*Pull their shoulder to the table and glide down their side

1. 
2. 

***Pull their opposite leg over their other leg and glide down their arm**

A. 
B. 

A. Have client push against your hands as you side up
B. Broaden the adductors

A. 
B. 

A. Rest their adductors on your quads and massage
B. Pull up bottom knee and push hip away from you

A. 
B. 

A. You can access the psoas easier when they are in the side lying position

B. Rake your fingers in between their ribs